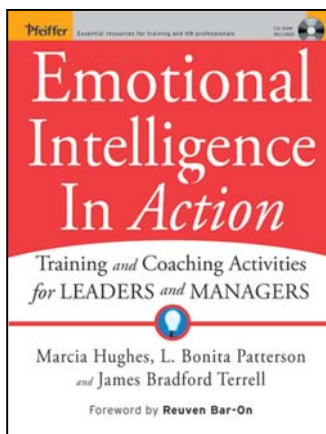


BEST SELLER



Emotional Intelligence In Action

Training and Coaching Activities for Leaders and Managers



**Edited by Marcia M. Hughes, L. Bonita Patterson,
James Bradford Terrell, Reuven Bar-On**
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Overview

Emotional Intelligence in Action shows how to tap the power of EI through 46 exercises that can be used to build effective emotional skills and create real change. The workouts are designed to align with the four leading emotional intelligence measures; EQ-I or EQ-360, ECI 360, MSCEIT, and EQ Map, or can be used independently or as part of a wider leadership and management development program. All of the book's 46 exercises offer experiential learning scenarios that have been proven to enhance emotional intelligence competencies.

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About the Authors

Marcia Hughes, president of Collaborative Growth, serves as a strategic communications partner for organisations and trainers and is a professional speaker. She offers emotional intelligence training and coaching and is a certified trainer in the EQi and EQ360.

L. Bonita Patterson is president of Polaris Consulting Group, an organisational effectiveness firm specialising in leadership and team development to improve bottom line results.

James Bradford Terrell is the developer of the network WhatsYourEQ.net. He coaches leaders and teams using the Bar-On EQi and EQ360 and Spiral Dynamics.

Reviews

“Creating the metrics necessary to measure emotional intelligence was a daunting task. But teaching others how to change their behaviour is an altogether different challenge. This book is an able teacher for the serious learners and leaders of the field.”

- **Esther M. Orioli, author Essi Systems' EQ Map**

Emotional Intelligence In Action is an important contribution to the field of applied emotional intelligence, particularly for its contribution in helping individuals improve their skills so that they can unlock their potential and live at a level more commensurate with their true capability.”

- **Rich Handley, coauthor EQ360 and Benchmark of Organisational Emotional Intelligence**

“The authors provide a suite of well-designed tools for increasing emotional intelligence and then invite practitioners to apply these to respond to individual development needs. This is a needed addition to the field of emotional intelligence. The gift that these practitioners have given is they have helped to make EQ development a faster and more efficient process for both coaches and clients. Advanced practitioners will find these tools useful for sharpening their practice.”

- **Geetu Bharwaney, founder and managing director, Ei World**

Audience

Psychologists, executive and life coaches, business consultants and individuals interested in personal development.

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7. Social Responsibility.

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9. Stress Tolerance.

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11. Reality Testing.

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